YOU SAY FRITTATA
WE SAY FAST & VERSATILE DINNER
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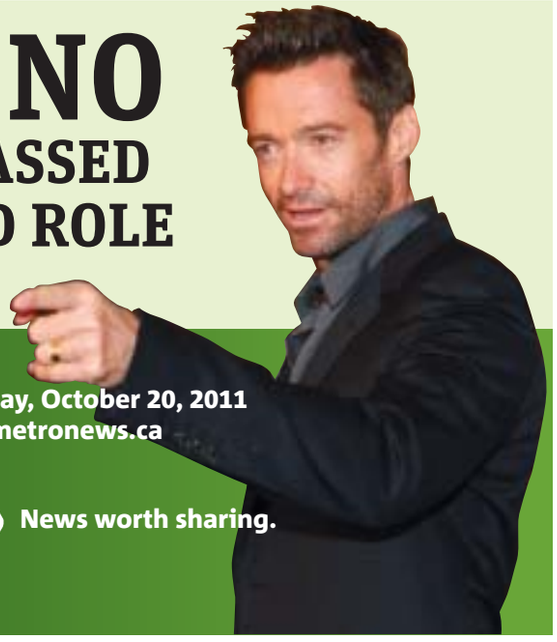
CUFF THE DUKE GETS LOST AT THE PARK THEATRE CAFÉ
BACKSTAGE PASS {page 9}

MR. NO HUGH PASSED ON BOND ROLE
DISH {page 10}



WINNIPEG metro®
Thursday, October 20, 2011
www.metronews.ca
News worth sharing.

So long AutoBins — say hello to garbage à la cart

‘We’ve just got to get rid of them — they’re horrible’: Coun. Scott Fielding on AutoBins

JAMES TURNER
@METRONEWS.CA

Winnipeg’s long-standing relationship with much-maligned AutoBins has been relegated to the trash pile of history — and the city may soon be a safer place because of it.

In a majority vote of city council yesterday, elected officials approved a plan to roll out garbage and recycling carts to all city homes as part of a sweeping waste-management rethink that will cost each homeowner an extra $50 in fees a year.

One of the prominent goals of the plan is to divert more garbage away from the Brady Road landfill. Winnipeg currently has one of the lowest percentages of trash-diversion in the country, at around 15 per cent.

One of the plan’s key features will be the yanking of AutoBins from neighbourhoods, something Coun. Dan Vandal (St. Boniface) hinted will promote safety.

He called the pervasive beige bins “unsightly sources of vandalism, arson and illegal dumping.”

Coun. Paula Havixbeck (Charleswood-Tuxedo) said saying goodbye to AutoBins would also likely result in a reduction of problems caused by feral cats and rodents who crawl into the bins for meals.

The 240-litre garbage carts homes will soon receive will hold the equivalent of three full garbage bags’ worth of waste.

Mynarski Coun. Ross Eadie voted against the plan as a whole, as did Couns. Harvey Smith (Daniel McIntyre), Jeff Browaty (North Kildonan) and Mike Pagtakhan (Point Douglas).

“I don’t know why we settle for this,” Smith said, adding nothing in the new program addresses issues surrounding commercial garbage, and that he was concerned the $50 fee would be tough on lower-income citizens.

Eadie’s motion to tie the amount people pay in garbage fees to the assessed value of their homes was defeated.

Council also approved a motion from Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) to establish an advisory committee to consult with council on waste-management issues.

$50

Additional annual cost to Winnipeg homeowners for the city’s new waste-management plan.

ELISHA DACEY/METRO

▶ Another change to the program will be no more blue boxes — homeowners will get a recycling bin similar to the garbage carts being used in parts of the city.

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Charges stayed in manslaughter case

In the two years since Geraldine Beardy was killed after stealing a $1.89 can of lunch meat from a convenience store, her family has waited for someone to be held responsible.

That hope now appears dashed. The Crown has stayed a manslaughter charge against the shopkeeper accused of assaulting her.

"For any group to come in and say that it's OK to beat an aboriginal woman over the head over a can of Klik is not OK," David Harper said yesterday.

Harper is a distant relative of Beardy — she was the daughter of a cousin. Harper is also the grand chief of the Manitoba Keewatinowi Okimakanak, which represents 30 First Nations across northern Manitoba.

Beardy, 29, died in September 2009 from injuries she received outside a convenience store in Point Douglas neighbourhood. She was a mother of two from the Garden Hill First Nation, was in the city for medical treatment and was struggling to get by.

She had fallen in with some of the city's homeless, relatives said at the time, and had gone into a corner store near the Health Sciences Centre to steal some lunch meat for herself and two friends.

Shopkeeper Kwang Soo Kim's preliminary hearing was to start Tuesday, but the Crown announced it had to stay the charge because a key witness had fled the country to avoid charges of his own. The stay gives the Crown up to one year to lay the charge again if the witness returns.

The case attracted national attention as a possible example of a shopkeeper going too far to prevent theft. But Kim's lawyer, Evan Roitenburg, said that portrayal was wrong.

"Mr. Kim has always said he didn't strike Ms. Beardy," he said. THE CANADIAN PRESS

Beardy's death

- Police said Beardy was hit in the upper body as she left the store.
- She died five days later in hospital.
- Police charged the store owner, Kwang Soo Kim, with manslaughter.

Maple Leaf Foods restructuring

While jobs will be created in Winnipeg, more than 1,500 jobs will be lost across Canada

ELISHA DACEY
@METRONEWS.CA

Maple Leaf unveiled a $560-million plan to modernize and create efficiencies in their meat-processing plants across Canada yesterday, including a multimillion-dollar investment and expansion of their plant in Winnipeg.

While about 350 jobs will be created in Winnipeg, roughly 1,500 more will be lost across Canada as plants are shut down and consolidated in eastern Canada, including Maple Leaf's smaller plant on Panet Road, which will see 25 jobs lost. The plant is expected to close in 2014.

Maple Leaf Agribusiness Group COO Scott McCain said the country-wide job losses are "regrettable" but necessary as part of the efficiencies needed to compete with American processing plants.

Maple Leaf Winnipeg plant manager John Burnett said while workers in the smaller plant are welcome to apply for jobs at the expanded facility, they are not guaranteed one as the plants are run by different unions.

Many of the upgrades mean a higher level of technology, said McCain, meaning more skilled workers at higher wages will need to be hired.

Burnett added the plant foresees no problems in hiring 350 or more people.

"Winnipeg has a very stable workforce base," he said. Hiring will begin in the summer of 2012.

What's happening

- **Total cost of improvements:** $86 million.
- **70,000-sq.-ft.** expansion with extensive renovations inside the plant.
- **Construction** of an onside waste-water pre-treatment facility.
- **New state-of-the-art** meat-processing equipment and technology.
- The plant will get a **$135,000 tax break** for seven years, subject to city-council approval.

JENNA CUMBERS/FOR METRO

▶ Maple Leaf's Scott McCain, middle, answers a reporter's question while Mayor Sam Katz, right, and Premier Greg Selinger listen.

1 news

Poor women whom the U.S. government moved out of the projects as part of an experiment in the '90s have benefited from lower obesity rates. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Nicolas Sarkozy becomes first modern-day French president to add a newborn to his family as his wife gives birth to a baby girl. Story at metronews.ca/world

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Mother linked to fatal crash gets a break

Will become one of few adults in the Winnipeg Auto Theft Suppression Strategy Turning her life around: Lawyer

JAMES TURNER
@METRONEWS.CA

A young Winnipeg mom who played a minor role in a fatal joyriding-related crash that killed a city cab driver has been handed a major break by a judge after being caught in another stolen car.

Judge Patti Umpherville handed the 21-year-old woman a conditional discharge after pleading guilty this week to possession of property obtained by crime over $5,000.

If she successfully serves two years of probation, she'll dodge the black mark of an adult criminal record, despite having several auto-theft-related and other convictions on her youth record — some of which resulted in her serving jail time.

"I'm giving you a break here … and I hope the best for you," Umpherville said.

In March 2008, the accused was a passenger in one of two stolen SUV's racing and smashing into each other down Portage Avenue in the early morning.

One of the vehicles veered off and sped away just before the other ran a red light at Maryland Street and slammed into a Duffy's Taxi, instantly killing driver Antonio Lanzellotti, 55, and injuring a passenger in the back of the cab.

The woman was one of 14 people — all but one of them under 18 — charged.

She was handed two years of probation and two months of jail for her role as a passenger, along with violating conditions of court orders.

Crown attorney Mick Makar told court Tuesday the girl was caught in another stolen SUV at a Superstore where she and relatives were stocking up for a trip to the beach in July 2010.

Her 20-year-old cousin drove the vehicle, said Makar. He is one of the city's most chronic auto thieves with nearly 90 auto-theft-related convictions on his record.

Makar described the young woman's role in the crime as "incidental," and said others have been given conditional discharges in the case.

Defence lawyer Eric Wach said the mom of a five-year-old has been making strides in her personal life while she's been out on bail and wants to return to school.

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JENNA CUMBERS/FOR METRO

▶Judy Wasylycia-Leis and ACU CEO Al Morin outside the new ACU branch, to open in 2012. Wasylycia-Leis is holding the photo she took of the Royal Bank sign being taken down.

Banking on the future in North End

Assiniboine Credit Union to move into old branch

ELISHA DACEY
@METRONEWS.CA

After more than a decade of major bank abandonment, the North End is getting a full financial institution back.

The Assiniboine Credit Union announced plans yesterday to open a branch at 360 MacGregor St. in the heart of the North End in early 2012.

The location, a former bank branch and the site of one of the last major bank branches to close, has been gutted and extensive renovations are underway.

15
Number of years the banks have been leaving the North End.

Judy Wasylycia-Leis, former area MP and longtime advocate for keeping banks open in the area, could only be described as ecstatic.

"I was here, next door, as the member of Parliament when we heard a noise outside and looked out and we snapped a (photograph) of the Royal Bank leaving the North End," said Wasylycia-Leis, holding the photograph in the air for reporters.

"I've come for the 'after' shot," she said. "This is a day for celebration."

ACU board chair Garry Loewen said they don't expect the branch to become the largest and most profitable of the credit union's 25 branches.

"But we think it will hold its own, and that's good enough for us," said Loewen. "Because, as the sign at the entrance to this community says, sometimes we need to think about people before profit when we make our business decisions."

History of closures

How did the North End lose all its banks?

Between 1996 and 2009, 10 major banks, including Royal Bank, Bank of Montreal, TD Canada Trust and CIBC all closed their branches in the North End.

As a result, the population in the North End was left with little to no easy access to a financial institution.

Fringe banks — moneylenders and pawnshops — moved in to fill the void, often charging outrageous interest rates and fees.

The community got together and the Community Financial Services Centre was born in 2006 to offer basic banking services.

The Assiniboine Credit Union is the first major banking institution to move back into the area.

ELISHA DACEY

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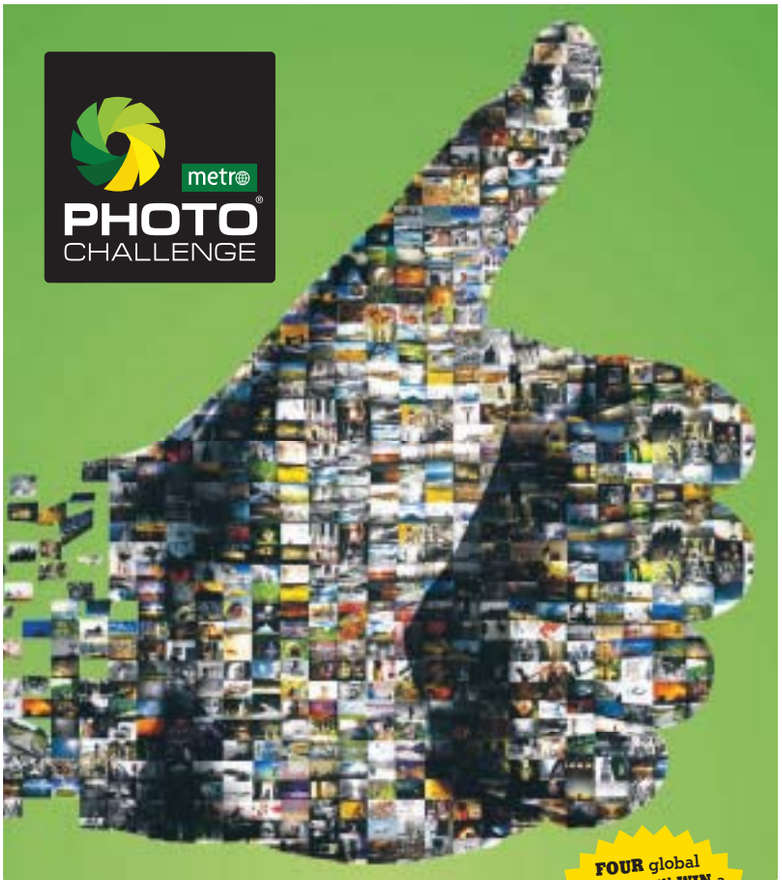

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The photos in picture are from previous editions of Photo Challenge.

Chile. Students revolt

▶ A hooded protester preparing to throw a paint-filled bottle is sprayed by a water cannon in Santiago yesterday. Students manned flaming barricades as they protested against the government's education policies.

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

Dogged protesters go on the attack

Frantic hunt after wild animals freed

Police shoot tigers, lions in U.S. game-park emergency

Police shot nearly 50 wild animals — including 18 rare Bengal tigers and 17 lions — in an astonishing big-game hunt yesterday.

It happened after Ohio game park owner Terry Thompson threw open their cages and shot himself dead in what may have been an act of spite against neighbours and police.

As homeowners nervously hid indoors, officers armed with high-powered rifles and shoot-to-kill orders fanned out through fields and woods to hunt down about 56 animals.

After an all-night hunt, 48 animals were killed.

Three leopards, a grizzly bear and two monkeys were captured.

A wolf was found dead, leaving a monkey as the only animal still loose.

Jack Hanna, TV personality and former zoo director, defended the sheriff's decision to kill the animals, but said the deaths of the Bengal tigers were tragic. There are only about 1,400 of the endangered cats left in the world, he said.

THE ASSOCIATED PRESS

TONY DEJAK/THE ASSOCIATED PRESS

▶ Motorists get a warning on I-70 near Zanesville, Ohio, after dozens of wild animals were released.

He'd been jailed

- The preserve's owner, Terry Thompson, had been released from prison just last month after serving a year for gun possession.
- Thompson, 62, had had repeated run-ins with the law and his neighbours.

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Austerity bill gets first vote

Protester violence erupts in Athens' main square

Greek lawmakers have granted initial approval to a new austerity bill whose spending cuts and tax hikes have sparked fury.

The bill received a 154-141 vote yesterday. A second vote on the bill's articles will be held today in the 300-member Parliament. Only after that vote will the bill have passed.

Riots broke out in Athens when about 100,000 people protested on the first of a two-day general strike.

Demonstrators hurled chunks of marble and gasoline bombs, while riot police responded with tear gas and stun grenades.

Measures include new tax hikes, further pension and salary cuts, the suspension on reduced pay of 30,000 public servants and the suspension of collective labour contracts.

THE ASSOCIATED PRESS

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ A protester walks past a bus-ticket office set alight during clashes with police forces in central Athens yesterday.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas	Gold
- 203.61 (11,849.50)	- 56¢ (98.02¢ US)	- 2.24¢ US ($86.29 US)	$3.586 (+ 3.3¢)	$1,647.00 (- $5.80)

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HE SAYS ...

JOHN MAZEROLLE
METRO

This official statement was voted on and approved by the general assemblies of protesters from various Occupy movements across North America and the globe.

• We write so that all people who feel wronged by the powers-that-be can know that we are your allies. #OccupyWallStreet

• They have taken our houses through an illegal foreclosure process, leaving a man to sleep in a garbage can and a six-year-old boy (we think) to sleep outside in a nest. #OccupySesameStreet

• They have perpetuated inequality and discrimination in the workplace, based on age, sex and gender identity, even hiring undercover police officers based on how sexy they are. #Occupy21JumpStreet

"They have poisoned the food supply with chocolate-flavoured corn cereal bits and crunchy marshmallows. #CountChoccupy WallStreet"

• They have profited off the torture, confinement and cruel treatment of countless non-union actors. #OccupyElmStreet

• They have left us without jobs by outsourcin' and now we want to cut off their whatnots wi' a pair o' garden shears, us. #OccupyCoronationStreet

• They have made terrible sequels with impunity, yet continue to charge exorbitant prices for popcorn. #OccupyWallStreet2:MoneyNeverSleeps

• They have poisoned the food supply with chocolate-flavoured corn cereal bits and crunchy marshmallows. #CountChoccupyWallStreet

• They're ugly and they smell bad. Na na na ni NA na. #MockupyWallStreet

• They have influenced the courts to put people on trial for the socialistic ideals of handing out gifts for free. #Occupy34thStreet

• They have held students hostage through poor education, meaning their only path to validation is intense dance competitions — no spotlights, no springboards — on the mean streets of Baltimore. #OccupyStepUp2:TheStreets

• They have continuously sought to kick us when we hit the ground, born down in a dead man's town, we end up like a dog that's been beat too much, till we spend half our life just covering up. #OccupyEStreet

• They have turned away from the unconditional love of God and the healing redemption of Circle Square Ranch. #Occupy100HuntleyStreet

• They have purposely overcharged for noise-cancelling headphones that are just a renamed version of cheaper headphones, and sold us "long-lasting" gum that doesn't last very long at all. #OccupyStreetCents

• They have forced women to wear low-friction boards on their feet and push them down steep icy inclines. #OccupyPicaboStreet

• They have taken away columnists' right to peacefully assemble by making us move along unless we kowtow to capitalism by buying another coffee. #OccupyThatTableInTheStarbucksNearestTheElectrical Outlet

• Hey! Look over there! #PreOccupyWallStreet

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel
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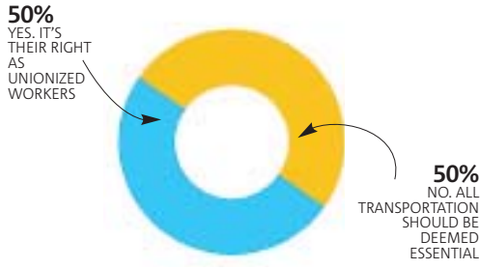
Should the Air Canada flight attendants be allowed to strike?



Local tweets

▶**@Slym Sadiee:** it's been such a lazy 24 hrs..... Need. To. Be. Productive.

▶**@_theclyde:** There is a new android app - a blackberry emulator. Install it and the android stops send or receiving messages

▶**@RoseBeerGoggles:** I love it when I need to buy something and find it half price! #win

▶**@RishiChandar:** I might rethink about wearing my Jets hat on campus, as Tim Hortons in the UC attempted to barter my coffee for the hat!

▶**@akimboalogo:** My left over home made Thai hot & sour soup was delish! :)

▶**@wpg_sideburns:** It looks like Bad Company will be providing the soundtrack to the editorial meeting I'm about to have. Who says this job has no perks?

▶**@sandraNicole_ :**This guy in the waiting room jumped up, fist pumped and said "YESSSS!" when his name was called. #congratulations

▶**@melgierry_0917:** Those annoying girls who always try to flirt with guys who have girlfriends. Go away.

Letters

RE: Tasering of 11-year-old boy was OK: Vancouver police chief, published Oct. 18 on metronews.ca

This is exactly why it isn't OK for police to investigate police.

There was never any doubt what the conclusion was going to be in this case. There is also no question that there are NO circumstances short of a loaded gun in plain sight that would make it acceptable for two 200-pound police officers to have to Taser an 11-year-old kid.

TERRY MCKINNEY
VANCOUVER B.C.

RE: Don't throw yourself in my backyard, published Oct. 17

Skydiving is considered a sport. Those who try it are considered daredevils, people who grab life by the collar and people who want to try new experiences.

Although community members' complaints of noise and fumes are understandable, it has now become a part of the culture of the area and it helps the economy with about 1,000 flights taking place each week.

MELANIE ZAKARIAN
TORONTO

photo of the day

▶ This photo titled Speeding was submitted to the Photo of the Day category by Kevin Backus from Edmonton.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupying the porch

GAIL J. LOVEMAN/THE ASSOCIATED PRESS

▶ Zeus, a Maine Coon cat, encounters a mountain lion in Boulder, Colo.

Gail Loveman's 11-year-old cat named Zeus usually stands tall and hisses when he sees a squirrel outside his owner's home. He wasn't as much of a tough guy when the animal on the other side of the glass was a mountain lion.

Loveman tells The Denver Post the encounter lasted five minutes before the mountain lion wandered off from her house near Boulder, Colo.

Loveman says she was in her home office last Thursday when she heard a noise and turned to see the mountain lion on the porch.

Zeus entered the room and walked to the sliding glass door for a closer look while Loveman snapped photos.

Loveman went upstairs and spotted a second mountain lion. She says both jumped a fence and left.

THE ASSOCIATED PRESS

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JOE FUDA/METRO WINNIPEG

▶ Cuff the Duke brings their poppy sad songs to the Park Theatre Café on Friday.

Straight off the Cuff

Cuff The Duke releases their new album Morning Comes **Performing at Park Theatre Café**

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Lost together. Cuff The Duke's fifth studio album Morning Comes — released Oct. 4 on Paper Bag Records — deals in loss, loneliness, confusion and change, and was produced by Blue Rodeo's Greg Keelor.

"Greg confided in me that he felt we had a really strong batch of songs," Wayne Petti says, frontman of the Oshawa-born, Toronto-based band. "It was exciting and inspiring for us to watch him be excited and inspired. I think he just brought excitement, because sometimes when you have a lot of songs as I did at the time, it's hard to see the forest through the trees."

Morning Comes is part one of a two-part album. Petti says these nine songs deal with "doubt and questioning" whereas record number two will focus on "dealing with things" and "moving on". While he's lost some loved ones in recent years, he says it wasn't a specific event that spurred this concept on.

"No matter who you are, your priorities shift at some point in your life, whether it's getting a new career, having kids or just getting older in general," Petti says, who recently turned 30. "I thought it was a very universal theme and something that was on my mind a lot, so I figure it's on other people's minds too."

Despite being the "low" album, Morning Comes is poppier and more upbeat musically than Cuff The Duke last effort, 2009's Way Down Here, which was also produced by Keelor.

"Way Down Here had a lot of songs in the minor key and this time around I was really trying to write traditionally structured songs, as in verse, prechorus, chorus, back to a verse," Petti says, who also tours with Blue Rodeo as a backing vocalist and acoustic guitar player. "We have many songs that do that in less than a minute, which is a very traditional song structure for commercial radio. That was something I had never done as a writer and we had never done as a band."

Cuff The Duke play their poppy sad songs at The Park Theatre Café on Friday with 2011 Polaris Prize nominees Hooded Fang providing support. Tickets are $15 and available at the venue, Into the Music, Music Trader and ticketbreak.com or $20 at the door.

Showtime is 8 p.m.

▶ Former Gov. of California Arnold Schwarzenegger is filming a new movie.

Arnold is back

Schwarzenegger returns to acting in The Last Stand

Muscleman-turned movie star-turned California governor Arnold Schwarzenegger is back before the cameras.

He's on the New Mexico set of The Last Stand, playing the starring role as a small town border sheriff facing off against convicts.

The actor posted a message on his Twitter account late Monday saying things were going well so far.

"Fantastic first day on the set of The Last Stand. Big thanks to the crew — keep up the great work," he said.

The Lionsgate studio says Schwarzenegger plays a former Los Angeles police officer who ends up sheriff of a small border town after a botched operation.

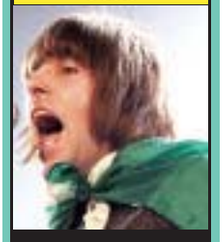
The movie is a modern day Western about convicts making their way to the Mexico border through New Mexico after escaping from a Las Vegas prison.

The Last Stand is being directed by Kim Jee-Woon.

THE ASSOCIATED PRESS

2 scene

Oasis



Legendary Canadian singer-songwriter Paul Anka and former Oasis rocker Liam Gallagher will appear on Cover Me Canada this Sunday. CBC-TV says Anka will be a special guest judge as the four finalists sing the Ottawa native's time-honoured tunes.

THE ASSOCIATED PRESS

Reese Witherspoon shares sexy 'secret' about pal Jennifer Aniston at a Hollywood event

Probation breach lands Lohan in cuffs

Star taken into custody after judge finds her in violation of probation
Bail set at $100,000

Lindsay Lohan has been taken away in handcuffs after a judge found her in violation of her probation.

Superior Court Judge Stephanie Sautner revoked Lohan's probation Wednesday after the actress encountered problems during her community service assignment at a women's shelter. Bail has been set at $100,000. Sautner said Lohan would be entitled to a hearing before being sentenced to jail over the violation. Lohan has started serving hours with the American Red Cross, but Sautner said that would not count toward her probation because it was not part of her sentence. It's the latest legal problem for Lohan, who remains on probation for a 2007 drunken driving case and a misdemeanour theft case this year. METRO

PHOTOS: GETTY IMAGES

▶ Lindsay Lohan

Jackman said no to Bond

Hugh Jackman says he was considered to take over the role of James Bond before it ultimately went to Daniel Craig. "I got a call from my agent saying, 'There is some possible interest in you for Bond. Are you interested?' At the time, I wasn't," Jackman says. "I was about to shoot X-Men 2, and Wolverine had become this thing in my life. I didn't want to be doing two such iconic characters at once." METRO

Celebrity tweets

"Jesus Christ, the 2 dudes who work at this EZ-LUBE are ALSO gorgeous. My car's getting fixed in an Abercrombie & Fitch catalogue."

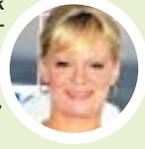
@pattonoswalt

@Andy_Richter

"My favorite country songs are the ones about country songs."

@MarthaPlimpton

"People ask @AlecBaldwin about pizza a lot. That's all I'm saying."



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Limited quantity of tickets available each day. Coupon has no cash value.

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She's got style in the bag

As Tiffany & Co. launches their new leather collection in Canada, designers Richard Lambertson and John Truex dish on what's involved in making a luxury handbag Some items in the collection go for as much as $21,200!

HEATHER BUCHAN
LIFE@METRONEWS.CA

Materials account for much of the cost, given that all the bags and wallets have leather exteriors and interiors. "With a lot of 'luxury' brands, you open up a bag and it's empty. It's fabric-lined with a zip pocket," says Truex.

The pair's designs were sent to craftsmen in Italy where the entire collection was made.

The star item has been this Tiffany Reversible Tote — a soft suede and metallic leather bag with palladium-plated solid brass hardware and a detachable zipper pouch.

All seams are double-stitched

Corners are riveted for protection

The designers travelled extensively to derive inspiration for their collection's rich saturated colours.

Bag mistake

What do the designers deem the biggest mistake a woman can make when choosing a purse?

"A mistake is wearing a huge tote when you're wearing a formal dress at a wedding," adds Truex. "It's like, come on! The bag is entering the room before you are."

Jeanne Space

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: At @LGFWbyFDCC tent for @holtrenfrew show. Robin Kay's delivering a formal scripted speech. This is last season for LG. Let the show begin!
@Leeannlacroix: play by play please!

- **@Jeanne_Beker:** Jeremy Laing's timeless modernity opens
- **@AyznGurl:** @LGFWbyFDCC oooooo #JeremyLaing!!!!
- **@Jeanne_Beker:** Smythe's take on Canada Cool @LGFWbyFDCC
- **@Alli_Blair:** LOVE! Those ladies are blazer gurus @lgfwbyfdcc

3 life

Today's trend

KISS KISS BANG BANG

Violent Lip's temporary lip appliqués will allow you to wear on-trend graphics on your pout in Lady Gaga or Ke$ha style.

VIOLENT LIPS
$15, violentlips.com

Navajo Nation alleges trademark violations in Urban Outfitters' branding

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Deflate your visage

THE KIT

BY JANINE FALCON

Minimize under-eye puffiness with tips from Joanna Schlip, celebrity makeup artist and spokesperson for Physicians Formula.

How do I get rid of puffy morning eyes?

1. "Chamomile tea bags work miracles to reduce swelling," says Schlip, who works with Christina Applegate. Soak them, chill in the freezer then place on closed eyes for about 10 minutes.
2. Gentle massage with an eye cream can help excess fluid drain away.
3. "Caffeine can help, but for extreme cases, mix one part hemorrhoid cream with 10 parts eye cream," instructs Schlip. Test on your wrist for any reaction. If all is clear, "apply, then remove after five or 10 minutes."
4. To camouflage puffiness, go a shade darker with concealer.
5. "Curl lashes and apply two coats of black mascara to draw attention upward," says Schlip. Try Physician's Formula Shimmer Strips Custom Eye Enhancing Mascara Duo. $15, physiciansformula.com

To the Rescue: Neostrata Anti Dark Circle Complex smoothes wrinkles with retinol. $38, neostrata.ca. Garnier Nutritioniste Skin Renew Anti-Dark Circle Eye Roller contains caffeine. $20, garnier.ca. Clarins Eye Contour Gel de-puffs with wild rose extracts. $35, clarins.com.

SUBSCRIBE FOR FREE TO THEKIT.CA AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

Keeping warm

- **Curling up with blankets and cups of cocoa is lovely — but not when it's necessary for indoor survival**
- **Here's a few tips for winterizing your home**

DIY IDEAS

By following simple fall mintenance tips, you can save energy and stay warm this winter.

In every episode of 10 Grand in Your Hand host John DeSilvia shows homeowners how to cut up to $10,000 from their renovation and remodelling budgets by offering advice on new technologies and how-to information for doing it yourself.

HANDOUT

▶ Licensed contractor John DeSilvia hosts 10 Grand in Your Hand.

Windows
Check for drafts by holding a lit candle near the seams of a closed window. If the flame bends, there's a draft. Check the exterior caulk for gaps and cracks that may need repair. Remove all of the old caulking with caulk softener. Polyurethane caulk works best for small and large gaps. After thoroughly cleaning the surface, use the new caulk and run a wet finger overtop for a smooth finish. After drying for 12-15 hours, your windows are ready for winter.

Fireplace
Wood-burning fireplaces should be cleaned and inspected before winter falls. This will prevent chimney fires and carbon monoxide poisoning.

Attic
Make sure the insulation in your attic is installed properly. The vapour barrier should be facing down toward the living space, otherwise it will trap moisture. Cut small holes along the vapour barrier to allow the moisture to escape.

Furnace
Always clean and replace filters in your furnace or heating system. Have your gas heater or furnace inspected and serviced to avoid carbon monoxide poisoning.

Carbon monoxide and smoke detectors
Every fall, check your carbon monoxide detectors and smoke alarm and install fresh batteries. A smoke alarm can save lives in a house fire. Carbon monoxide is an invisible and odourless byproduct of burning oil or natural gas — the detector will sound if these levels get too high.

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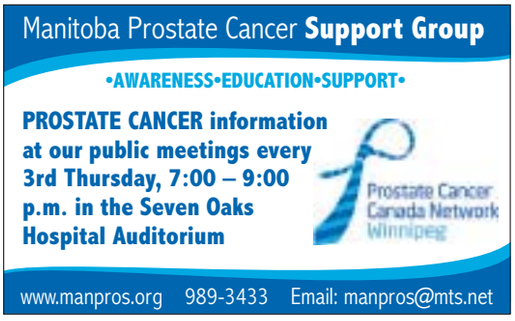
Manitoba Prostate Cancer Support Group
•AWARENESS•EDUCATION•SUPPORT•
PROSTATE CANCER information at our public meetings every 3rd Thursday, 7:00 – 9:00 p.m. in the Seven Oaks Hospital Auditorium
Prostate Cancer Canada Network Winnipeg
www.manpros.org 989-3433 Email: manpros@mts.net

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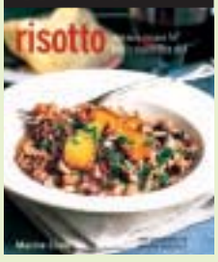
metro play

Wild rice gives risotto new texture

Recipe modernizes Italian classic • It also uses mushrooms & cheese for a burst of flavour

Weekly Cookbook



Maxine Clark's collection, Risotto: Delicious Recipes for Italy's Classic Dish (Ryland, Peters & Small, 2011), features both popular favourites and lesser-known dishes. More than 50 recipes are included that incorporate vegetables; cheese and eggs; poultry and game; meat; sausage and bacon; fish and seafood; and more.

A chapter on basic stocks provides simple directions for creating the perfect base for all your risottos.

Among the recipes included are: Oven-Roasted Mediterranean Vegetable Risotto, Duck Risotto with Spinach, Ham and Leek Risotto, Scallop and Spring Onion Risotto, and many more, including alternatives such as Sicilian Fried Rice Balls.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Creamy and full of mushrooms, this dish will warm you up on these cooler evenings.

Bursting with rich robust flavours of brown mushrooms and pecorino romano cheese, it uses wild rice for a slightly different texture and flavour.

The risotti is best served with a crisp green salad.

THE CANADIAN PRESS H/O

▶ This recipe serves four.

Ingredients:

- 1 L (4 cups) chicken or vegetable stock
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) olive oil
- Half an onion, finely diced
- 1 large garlic clove, minced
- 250 ml (1 cup) brown and wild rice mixture
- 2 ml (1/2 tsp) sea salt
- 1 ml (1/4 tsp) freshly ground black pepper
- 50 ml (1/4 cup) white wine
- 750 ml (3 cups) mixed baby mushrooms such as cremini, button and chanterelle
- 125 ml (1/2 cup) freshly grated pecorino romano cheese
- 5 ml (1 tsp) chopped fresh parsley

Preparation:

1. In saucepan, heat stock to a simmer.
2. In a separate large saucepan, heat 15 ml (1 tbsp) of the butter and oil on high and cook until melted and bubbly. Add onion and cook until softened, 3 to 5 minutes. Add garlic and stir.
3. Add rice and stir to coat thoroughly. Add a pinch each of the salt and pepper. Pour wine over rice and cook for 2 minutes until some of the alcohol boils off.
4. Add 2 ladlefuls of the hot stock to rice and stir well. Stir frequently as the stock starts to boil off and the rice begins to get soft. Add mushrooms.
5. Keep adding stock by ladleful, stirring every 2 minutes until all the stock is absorbed and the rice is thoroughly cooked through. This will take about 30 to 40 minutes with brown rice. If you run out of stock, add a bit of hot water.
6. Add remaining butter, cheese and parsley; stir to combine. Divide equally among 4 plates.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE CANADIAN PRESS/DARINA KOPCOK OF GRATINEE FOR MUSHROOMS CANADA

Upgrade scrambled eggs into a frittata

This easy meal starts with eggs, than mixes in other ingredients such as mushrooms, tomatoes and more

It's a complete meal. It's easy. It's fast. It's versatile.

A frittata is simply one of the best choices when a weeknight meal needs to get on the table fast.

Think of frittatas as scrambled eggs with other ingredients mixed in. And instead of cooking it entirely on the stovetop, it gets finished under the broiler. This creates a delicious lightly browned top, especially if you toss a bit of cheese on it before popping it in the oven.

In this recipe, oil-packed sun-dried tomatoes are a better choice than fresh, as they have little water. Don't worry about the oil clinging to the tomatoes; it serves as your cooking oil.

Preparation:

1. In a bowl, whisk eggs, milk and thyme. Add salt, pepper; set aside.
2. Heat sun dried tomato oil in oven-safe non-stick skillet over medium-high heat. Add onions, mushrooms, sun dried tomatoes and garlic. Sauté until onions are soft, about 5 minutes. Add chard and cook until just wilted.
3. Spread vegetables in an even layer over bottom of pan. Pour egg mix over them, then cook, without stirring, for 4 minutes, or until bottom has set. Sprinkle cheese over top of frittata.
4. Transfer pan to middle rack of the oven and broil until frittata is puffed, lightly browned and firm at the centre, 2 to 3 minutes.
5. Remove pan from oven and cool slightly before slicing.

EMILY RICHARDS/ THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS

Swiss Chard, Mushroom & Tomato Frittata

▶ This recipe makes four servings.

Ingredients:

- 6 eggs
- 125 ml (1/2 cup) milk
- 2 ml (1/2 tsp) dried thyme
- Pinch each salt and ground black pepper
- 30 mL (2 tbsp) sun dried tomato oil from jar
- 125 g (4 oz) sliced white button mushrooms
- 1 onion, diced
- 50 ml (1/4 cup) chopped oil-packed sun-dried tomatoes
- 2 cloves garlic, minced
- 500 ml (2 cups) chopped Swiss chard
- 125 ml (1/2 cup) shredded cheddar cheese

4 sports

Kessel clips Jets' wings

Leaf extends NHL points lead as Toronto rallies to beat Winnipeg in a shootout

4	3
LEAFS	JETS

ABELIMAGES/GETTY IMAGES

▶ Joffrey Lupul of the Toronto Maple Leafs scores on Ondrej Pavelec last night in Toronto.

Phil Kessel is carrying the Toronto Maple Leafs on his back.

The red-hot forward had a goal and two assists last night as the Maple Leafs erased a two-goal deficit in the third period and beat the Winnipeg Jets 4-3 in a shootout.

Kessel extended his NHL lead in both goals and points on a night where Toronto appeared headed for its first regulation loss of the season until a late rally. He has seven goals and 12 points through five games.

About the only thing Kessel couldn't do was score in the shootout, but teammates Joffrey Lupul and Matt Frattin made sure it didn't matter by each beating Ondrej Pavelec during the tiebreaker.

Lupul added two goals in regulation for Toronto (4-0-1), which starts its first road trip of the season in Boston on Thursday night.

Mark Scheifele, with his first NHL goal, Tobias Enstrom and Alexander Burmistrov replied for Winnipeg (1-3-1).

The home team put on an ugly performance through 40 minutes, registering just 12 shots while getting serenaded with boos during disorganized stretches with the man advantage.

That changed quickly with power-play goals just 27 seconds apart early in the third period. Lupul's shot deflected off Enstrom's stick and past Pavelec at 7:28 before Kessel one-timed a Dion Phaneuf pass home to tie the game 3-3 at 7:55.

He leapt into the arms of teammates as the Air Canada Centre came alive.

Toronto has received almost all of its offence from the first line of Kessel, Lupul and Tyler Bozak while earning nine of a possible 10 points to start the season.

It began as a promising night for Winnipeg in its first visit to a Canadian city. A number of fans turned up wearing Jets sweaters and the Leafs rolled out the welcome mat with a scoreboard tribute during a stoppage in play early in the first period. In-game announcer Andy Frost, who was born and raised in Winnipeg, voiced the minute-long video and fans responded with a standing ovation.

Shortly after, Enstrom made it 1-0 with Winnipeg's first power-play goal of the season. He fired a shot through all kinds of traffic that eluded James Reimer at 9:49.

Winnipeg pulled ahead 3-1 in the middle period. Burmistrov completed a give-and-go with former Leaf Nik Antropov at 2:27 before Scheifele scored on the power play just over five minutes later.

THE CANADIAN PRESS

Quoted

"It was fun to be playing football, it was fun to be in a huddle again, it was fun to be throwing routes in 7-on-7 and teams and all these things."

NEW RAIDERS QB CARSON PALMER. A DAY AFTER BEING TRADED FROM CINCINNATI, PALMER SHARED FIRST-TEAM SNAPS YESTERDAY WITH KYLE BOLLER.

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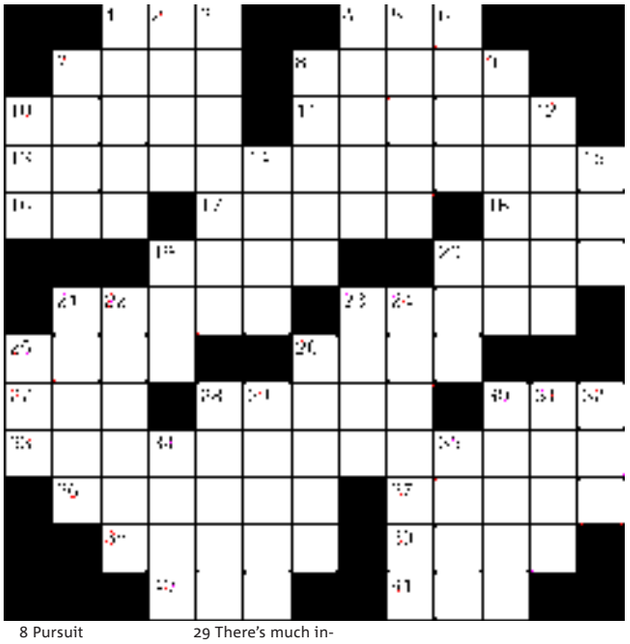
Crossword

THE PRODUCTION GREMLINS HAVE BEEN WORKING OVERTIME. YESTERDAY'S CROSSWORD CLUES WERE INCORRECT. HERE ARE THE RIGHT CLUES AND PUZZLE. WE APOLOGIZE FOR THE ERROR.



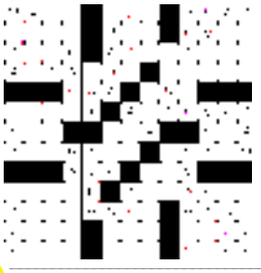
Across

1 Aries
4 English channel?
7 Wash
8 Shroud of concealment
10 Resided
11 "Yay!"
13 2004 Green Day album
16 Lair
17 Expenses
18 Old French coin
19 Lion's crowning glory
20 Encounter
21 Gets better
23 Tote
25 Frog's cousin
26 "Desire Under the —"
27 Ph. bk. data
28 Khartoum's country
30 "Wham!"
33 Unimpeachable information
36 100 per cent, as an effort
37 Dieter's lunch
38 Speaks unclearly
39 Pastoral piece
40 Pigs' home
41 Cleo's slayer

Down

1 "Nevermore" sayer
2 Assert
3 Doctor-related
4 Pulling no punches
5 Foe of Bullwinkle
6 Hallmark offering
7 Citrus fruit
8 Pursuit
9 Bygone German leader
10 Young fellow
12 Nonsense
14 Swindles
15 Boy king of Egypt
19 Frenzied
20 "— Doubtfire"
21 Uproar
22 Atelier supports
23 Dressed
24 Memory loss
25 Stick with a kick
26 Tends texts
28 Nose
29 There's much interest in it
30 Sea anemone, e.g.
31 October birthstone
32 Marry
34 Troubles
35 June honorees

▶ Tuesday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

1			3	2				9
	7					1	4	
	3			1	6			5
					3			2
		8				6		
7			4					
4			8	3			2	
	5	2					9	
6				5	7			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Amore, Baby you are so good to me, I couldn't imagine life without you, ever! You've got the love I need & I want you to know I love you more today than I did yesterday! **PER SEMPRE**

My Lovely Princess Missing those big blue beautiful eyes n smile of yours. Looking forward for big birthday party in less than two weeks. Keep your head up n don't forget to smile. :):) haha..LOL **PC**

Pablo, We kinda talked in gr.9 but it was in Eng 10 when we really got to know each other and we never looked back. Its been over two years since we have been together & they have been amazing. It just sucks that I can't see you everyday like I use to since I'm in college and you are in high school but always remember one thing, "I L word you." **BOB**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -5°	Min -1°	Min -2°
Max 7°	Max 11°	Max 9°

BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

♈ Aries March 21-April 20 Someone in a position of authority can threaten or bribe you, but you won't lose sight of your principles.

♉ Taurus April 21-May 21 You would be wise to watch your back over the next 24 hours. According to the planets, a rival is plotting.

♊ Gemini May 22-June 21 You may not want to give up on a project but you have no choice. It would take cash to keep going.

♋ Cancer June 22-July 22 Deep down, you know what must be done but you seem to be waiting for a sign. Trust your gut instead.

♌ Leo July 23-Aug.23 You may be tempted to hold out for a better offer but that may not be such a good idea. Seal the deal.

♍ Virgo Aug. 24- Sept. 22 If you believe things will go badly, they may. You'll feel better when the Sun changes signs this weekend.

♎ Libra Sept. 23-Oct. 23 The best way to deal with someone who refuses to see sense is to let him or her go. He or she will learn.

♏ Scorpio Oct. 24-Nov. 22 In a matter of days, you will confound your critics and do something extraordinary.

♐ Sagittarius Nov. 23-Dec. 21 Give others the impression that you don't really care whether you win or lose — then strike.

♑ Capricorn Dec. 22-Jan. 20 Don't dwell on your failures. You can't change the past so why waste time thinking about it?

♒ Aquarius Jan. 21-Feb. 18 Something seems to be bothering you deeply and your rivals have picked up on the scent of your fear.

♓ Pisces Feb. 19-March 20. Why are you trying to live up to an unture image? Don't try to be someone else. **SALLY BROMPTON**

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

STEFFEN SCHMIDT/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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